

Medical Evaluation (MO-5). TORU Training

GMT	CREW	ACTIVITY
07:30-07:40		Morning inspection
07:40-08:10		Post-sleep
08:10-09:00		BREAKFAST
09:00-09:15		Daily planning conference (<i>S-band</i>)
09:15-09:40		Prep for work
09:40-12:40		TORU training. <i>Tagup with specialists (S-band)</i>
12:40-14:10	CDR	Physical Exercise (RED)
12:40-12:55	FE-1	БМП Ф2 cartridge regeneration (end)
13:05-13:20	FE-1	Elektron activation
13:20-14:20	FE-1	Physical Exercise (TVIS) day 4
14:10-14:20	CDR	P1/S1 radiator photo imagery set up
14:20-15:20		LUNCH
15:20-15:25	CDR	TVIS/RED/HRM data transfer to MEC
15:20-15:40	FE-1	RELAXATION. Hardware disassembly.
15:40-16:10	CDR	P1 radiator photo imagery
16:00-16:05	FE-1	New Year's greetings to Moscovites (<i>S-band</i>)
16:30-17:20	CDR FE-1 (assist)	Cardiovascular study during graded physical exercise on cycloergometer To=16:50
17:20-17:50	CDR	S1 radiator photo imagery
18:05-18:55	FE-1	Cardiovascular study during graded physical exercise on cycloergometer To=18:24
18:05-18:40	CDR (assist)	
18:40-19:10	CDR	P1 radiator photo imagery
18:55-19:25	FE-1	EDV (KOB) filling for Elektron from CWC
19:25-19:55	FE-1	COЖ maintenance
19:55-20:10		Daily planning conference (<i>S-band</i>)
20:10-20:40	CDR	S1 radiator photo imagery
20:40-21:00		FD / ISS crew conference (<i>S-band</i>)
21:00-21:30		DINNER
21:30-22:00		Daily food prep
22:00-23:00		Pre-sleep
23:00-07:30		SLEEP
Task List	FE-1	IMS file prep

Note: See OSTP for reference to US activities

End of radiogram